

## March 2022 - Activity Pool Schedule (84 Degrees)

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
7:00 - 9:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30 - 10:25	1/2 Open / 1/2 Lap	1/2 Open / 1/2 Lap	1/2 Open / 1/2 Lap	1/2 Open / 1/2 Lap	1/2 Open / 1/2 Lap
10:30 - 11:25	<b>Hydro Fit Noodle Workout</b>	<b>SilverSneakers® Splash</b>	<b>Hydro Fit Noodle Workout</b>	<b>SilverSneakers® Splash</b>	<b>Hydro Fit Noodle Workout</b>
11:30 - 12:25	<b>SilverSneakers® Splash</b>	Open Swim	<b>SilverSneakers® Splash</b>	Open Swim	<b>SilverSneakers® Splash</b>
12:30 - 3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00 - 7:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim

## March 2022 - Therapy Pool Schedule (90 degrees)

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
7:00 - 7:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
7:30 - 8:25	<b>Joints in Motion</b>	Open Swim	<b>Joints in Motion</b>	Open Swim	<b>Joints in Motion</b>
8:30 - 9:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
9:00 - 9:55	<b>Joints in Motion</b>	Open Swim	<b>Joints in Motion</b>	Open Swim	<b>Joints in Motion</b>
10:00 - 10:55	<b>Water Aerobics</b>	Open Swim	<b>Water Aerobics</b>	Open Swim	<b>Water Aerobics</b>
11:00 - 4:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:30 - 5:25	Open Swim	<b>Water Aerobics</b>	Open Swim	<b>Water Aerobics</b>	Open Swim
5:30 - 7:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim

**Saturday Hours: 8:00 AM - 12:00 PM OPEN SWIM**

**Registration is required for all classes.**

Please let us know what classes you would like to see on the calendar.

### FREE CLASSES

The last 5 business days of each month is **FREE WEEK!** Try it out to see if you like it!

## Class Descriptions

AP=Activity Pool TP=Therapy Pool

### Hydro Fit Noodle Workout

**MWF: 10:30 - 11:25**

**\$25/month**

**(AP)**

**Instructor:**

**Joetta Schork**

A medium to heavy pool workout designed to improve over all body toning and flexibility as well as cardio conditioning. This noodle class is creative and fun for all ability levels.

### Joints In Motion

**MWF: 7:30 - 8:25, MWF: 9:00 - 9:55,**

**\$25/month**

**(TP)**

**Instructor:**

**Joetta Schork**

Exercise to enhance flexibility, balance, posture, range of motion, coordination, as well as increase circulation.

### SilverSneakers® Splash

**MWF: 11:30 - 12:25, \$25/month**

**T/TH: 10:30-11:25, \$20/month**

**(AP)**

**Instructors:**

**MWF: Vicky Bridges/Marty Milburn**

**T/Th: Joneen Copeland**

This class offers shallow water movements that improve agility, flexibility, and cardiovascular endurance.

No swimming ability is required and a special kickboard can be used to develop strength, balance, and coordination.

### Water Aerobics

**MWF: 10:00-10:55, \$25/month**

**T/TH: 4:30-5:25, \$25/month**

**(TP)**

**Instructor:**

**MWF: Elizabeth Johnston**

**T/TH: Moyer/Copeland**

This water class includes different variations of movements to improve heart health, coordination, balance, and strength.

»Please shower before entering the pool.

»Pool shoes are required on decks and in locker rooms.

»Lane sharing is necessary and expected.

»Please socially distance and be courteous!

**Cost Info:** Silver Sneakers classes are free to Silver Sneakers members. Zumba classes are free to Silver & Fit members. Renew Active Members can take Silver Sneakers and Zumba Classes for free. All other members must pay to join these classes.